

Newsletter for Families

The Healthy Lunchbox Issue

Healthy lunchbox ideas and a shopping list to match!



Sandwiches are quick and tasty, and give children lasting energy to play!



Tinned fruit is just as nutritious as fresh!







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Yoghurt and plain custard are great for strong bones and teeth.

Remember to

keep the
lunchbox cool in
the fridge or by
including a
frozen water
bottle.

Meat, eggs and beans are good choices for iron and protein for healthy brains and bodies.



Healthy Lunchbox Shopping List

Vegetables:

- Cherry tomatoes
- ◆ Cucumber
- Carrots

Bread, cereals, rice, pasta:

- ♦ Bread
- Grain crackers

Fruit:

- Mandarins
- ◆ Grapes

Dairy:

- ♦ Yoghurt
- Block of cheese
- Cream cheese

Meat, eggs, beans:

◆ Roast beef



Good for kids good for life



Did you know...?

'Sticky' foods and drinks like juice, cordial and fizzy drinks can harm our teeth.

Rinsing our mouth with water after eating helps keep our teeth healthy and strong!





Lunchbox Snack Swaps

Swap



Sweet Biscuits

for



Pikelets, damper, or fruit bread



Swap



for



Fresh or tinned fruit



Swap



Chips

for

for



Grain crackers and cheese



Swap



Soft drink, juice or cordial



Water



Handwashing... Can help stop us getting sick!

Always wash your hands after using the toilet, before preparing food, and before eating.

